

MRS. SCOTT GIVES MARKETING GUIDE

Advises What to Buy for Sunday and Then Tells How to Cook It.

By MRS. ANNA B. SCOTT.
(Gallary Expert of the Philadelphia North American.)

From this time on, I will outline each week a market list and menus for twenty-one meals, or enough for an entire week.

Requests have come from many housewives who want a week's program in advance.

So each Sunday I will furnish a market list for the coming week.

It should be remembered, however, that the staples on the weekly market list do not include those I buy for the "emergency shelf." This shelf is stocked twice a year, in October for fall and winter, and in April for spring and summer as the "emergency supplies" are used, the stock is replenished.

Of course, the week's market list does not include fresh vegetables, fruits and meats for the entire week. These are bought each Saturday, Tuesday and Thursday.

Fish, crab meat and opened oysters and clams must be bought the same day they are to be used. The average refrigerator is small, and it is difficult to keep fresh fish from leaving an odor unless they are properly prepared and wrapped in cheesecloth and heavy wrapping paper and kept next to the ice. Crab meat, opened oysters and clams should be put in agate kettles next to the ice until ready to use.

The recipes accompanying the menus are for four persons, two adults and two children. All teaspoon and tablespoon measurements in the recipes are rounding unless otherwise stated. Two level teaspoons equals one rounding.

To be bought Friday or Saturday for the entire week.

Staples.
One pound coffee.
Four pounds sugar.
One-half pound cocoa.
Two pounds rice.
Two kinds of cereal.
One-half pound baking powder.
Tapoca.
One can baked beans.
Five pound bag of flour.
Two dozen eggs.
Two pounds butter.

Meat for Saturday Sunday and Monday
One and one-half pounds soup meat.
One and one-half pounds stewing veal.

Truck for Saturday, Sunday and Monday.
One-fourth peck white potatoes.
One-fourth peck sweet potatoes.
One-half peck tomatoes.
Small head cabbage.
One-fourth peck carrots.
One-fourth peck lima beans.
Two pounds onions.
One-half dozen green peppers.
Three ears corn.
Parsley.
Lettuce.

Fruit for Saturday, Sunday and Monday.
One-half basket peaches.
One pound grapes.

Breakfast.
Grapes.
Boiled Cereal.
Eggs of Choice.
Peach Turnovers.
Coffee or Cocoa.

Dinner.
Veal and Vegetables in Casserole.
Carrot Salad.
Danish Peach Pudding.
Coffee.

Supper.
Cold Sliced Meat Loaf.
Green Pepper and Rice Salad.
Stewed Peaches.
Butter Milk or Tea.
Browned Mash Sweet Potatoes.
One quart sweet potatoes.
Two tablespoons milk.
One-half teaspoon salt.
One tablespoonful butter.

Boil potatoes with skins on, when tender, skin, put through potato ricer or fruit press, add milk and seasoning. Beat until light, put in hot oven. The butter is put on in small pieces after baked. Serve in dish in which it is baked.

Sliced Tomatoes with Onion Dressing.
Four medium-sized tomatoes.
One cup chopped onions.
One-fourth cup French dressing.
The tomatoes are pared and sliced and served with the dressing, with which the onions have been mixed.

Cottage Peach Pudding.
One cup flour.
One-fourth cup sugar.
One-half cup milk.
One tablespoon melted butter.
One teaspoon baking powder.
One egg.
Two cups crushed peaches.
One-half cup sugar.

Sift flour and baking powder in a bowl; add the milk, one-fourth cup of sugar, pinch of salt, well-beaten egg and butter; beat two minutes and pour into pan, which has been brushed with a little butter. Bake twenty minutes in hot oven. Serve with the crushed peaches, to which a half cupful of sugar has been added.

Peach Turnovers.
Two cups flour.
Two teaspoons shortening.
One teaspoon salt.
One cup milk.
Three peaches.
One tablespoon sugar.

Sift flour, baking powder and salt into bowl; add the shortening and rub in very lightly. Then add milk, just enough to make a dough that one can roll out one inch thick. Cut out with round biscuit cutter, and with full side of knife press down the center and put in a quarter of a peach, which has been pared. Brush edge with milk and double over same as a pocketbook roll. Brush top with milk and sprinkle with sugar. Put in hot oven and bake twelve to fifteen minutes or until nice and brown. This amount makes three good-sized rolls.

Veal and Vegetable in Casserole.
One and one-half pounds stewing veal.

One cup of cut onions.
Two cups of cut carrots.
Two cups small potatoes.
One teaspoon pepper.
One tablespoon flour.
One tablespoon caramel.

Wash, but the meat in a casserole dish with the onion, carrot, potatoes, seasoning and one cup boiling water, cover and put in hot oven. After thirty minutes reduce the heat of the oven; bake one and one-half hours; add enough water to make one cup of gravy; mix the flour with a little cold water and add to the gravy; add the caramel. Sprinkle with the parsley and serve in casserole dish.

This can be baked Saturday and reheated Sunday.

Carrot Salad.
Two cups raw grated carrots.
Two cups shredded lettuce.
One-half cup French dressing flavored with one tablespoon of grated onion.

One tablespoon finely chopped parsley or green peppers.
Wash, scrape and grate the carrots on the downward stroke (coarse grater). Put on shredded lettuce, cover with dressing and sprinkle with peppers or parsley.

Danish Peach Pudding.
Four tablespoons granulated tapioca.
Four tablespoons brown sugar.
Two cups soft crushed peaches.
One teaspoon salt.
One teaspoon butter.

Put the tapioca on in four cups of boiling water thirty minutes or until clear; add sugar and salt. Brush a bakepan with butter; put in the peaches in the bottom; pour the tapioca over; place in bottom of moderate oven thirty minutes. If there is no hot oven, set on top of range (not very hot) just long enough for it to set. It can be flavored with vanilla or nutmeg if desired.

Green Pepper and Rice Salad.
Two cups cold boiled rice.
Two tablespoons finely chopped peppers.

One tablespoon cut parsley.
Wash, but the meat in a casserole dish with the onion, carrot, potatoes, seasoning and one cup boiling water, cover and put in hot oven. After thirty minutes reduce the heat of the oven; bake one and one-half hours; add enough water to make one cup of gravy; mix the flour with a little cold water and add to the gravy; add the caramel. Sprinkle with the parsley and serve in casserole dish.

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Two cups cold boiled rice.
Two tablespoons finely chopped peppers.

One tablespoon grated onion.
One-half teaspoon curry powder or dry mustard.
Four stuffed olives.
Cup mayonnaise or boiled dressing.
Shredded or whole lettuce leaves.
The peppers should be the long thin kind.

The tops are cut off at the stem end, washed and all seeds and white fiber removed. The pepper is chopped fine and added to the rice with the onion, curry powder and dressing. Mix well and fill the pepper and press very firm. Set in cold place. Line bowl with shredded lettuce and with hardy knife cut the pepper into one-fourth inch rings and lay on lettuce. Garnish top with the olives that have been cut in three rings.

Drop Cakes.
Three tablespoons shortening.
One cup sugar.
One-half cup milk.
Two eggs.
Two cups flour.
Two teaspoons baking powder.
Pinch of salt.

Cream sugar and shortening together, add milk slowly, then the well beaten egg. Sift the flour, baking powder and salt and add to mixture; mix well. Brush muffin tins with a little melted lard, put a spoonful of mixture into each and press a raisin or currant into each. Bake in hot oven fifteen to twenty minutes.

Butter Milk or Tea.
Browned Mash Sweet Potatoes.
One quart sweet potatoes.
Two tablespoons milk.
One-half teaspoon salt.
One tablespoonful butter.

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MOONSHINERS IN JAIL AFTER LIVELY BATTLE

Ten Members of Two Notorious Virginia Families Taken into Custody.

DANVILLE, Va., Sept. 16.—After a man hunt lasting nearly two weeks ten members of the Smith and Carter families of Smithtown Settlement, in Stokes county, have been landed in the jail of Stuart county to await trial here next November for participation in a fight with revenue agents and with violating the federal liquor laws.

Early in the week the revenue man, with bearded chin and the mud of the Blue Ridge mountains still clinging to their clerical ways home, elated over the success of their dangerous undertaking, although Deputy Collector B. H. Mays was wounded in a fight between a raiding party and the Smith clan on the evening of August 24.

Two Men Wounded.
The scene of the battle was at Fletcher Smith's house, which is one of a dozen or more forming Smithtown Settlement, almost upon the dividing line between Stokes county, N. C., and Patrick county, Va. The raiding party of three men had trailed a wagonload of moonshine whiskey from Penn's store on the Virginia side to Fletcher Smith's house, and it was when Mays had rapped at the door and asked Fletcher to appear that he was shot through the stomach by Jim Smith. The house was full of Smiths and a few members of the Carter family and while the raiders were retreating to cover a moonshiner in the woods another moonshiner in the wood near the house, fired another shot into Mays as he lay on the ground. The federal officers fired several shots into the house from what scant cover they had found. One of the besieged party was drawing a lead upon Deputy Collector Ross when Mays, who still lay bleeding on the ground, with his revolver, shot the moonshiner in the shoulder.

While the raiders were conveying their wounded companion to the hospital at Stuart the Smiths and Carters fled. Thomas G. Burch, the marshal of the district, wired for officers from adjoining counties and the following day the officers and citizens of Stuart took up the chase through the rugged slopes of the Blue Ridge mountains.

Despite the size of the posse, which worked in groups, the odds were heavy against them, for they were in the enemy country and there were many who secretly assisted the fugitives in the fastnesses of the mountains, carrying food to them by night. The Smiths, five in all, were captured singly by following those who carried food to them. Another group was rounded up hiding in a tobacco barn covered up with the leaf. Finally ten of the moonshiners were made prisoners.

Dangerous Ground.
Smithtown Settlement for years has been dangerous ground for the revenue man. In the early days when Uncle Sam sought to put down illicit stilling the little township staged similar flights to that recorded, far from the railway and in a mountainous country, the stalwart hillmen still hold it to be their inalienable right to make moonshine whiskey, and it goes on virtually all the time. At one time the government threatened to confiscate the holdings of the Smiths, but this was in the days when a stranger was regarded as an enemy and he was shot on the slightest suspicious move on his part. Ten years ago a revenue man was killed near Smithtown.

Fletcher Smith, the recognized leader of the clan, was sent to a federal prison for eight years for his part in it. Despite the severity of Mays's wounds he is convalescing. Jim Smith, the man shot by Mays in a serious condition, his wound having become infected during his sojourn in the woods, when he was afraid to summon aid.

the sea-board sections. This phase of the bureau's work has grown to such enormous proportions that in the fiscal year ending June 30, 1915, forty-nine species were propagated, these including in addition to fishes, the lobster and several species of economically valuable fresh water mussels. The total output of these was over four and a half billions, which were planted in every state and Alaska.

Much Territory Covered.
Some idea of the magnitude of the work of distribution is indicated by the fact that it involved 637,716 miles of travel, of which 146,544 was by the bureau's special cars, and the remainder by car messengers. These marine and fresh-water fishes and invertebrates were collected and hatched by state stations and ninety-six sub-stations located in thirty-four states and Alaska. In addition 8,404,000 food and game fishes were rescued from over-fished streams and returned in safety to the streams, otherwise they would have perished in the temporary ponds left by the receding waters.

Fire men Comprise Crew.
Tanks for carrying a reserve water supply are located beneath the car, and an ice box, holding a ton of ice, is provided. The car is also fitted with living accommodations for a crew of five men, a cook's galley, an office and space for a dining table. When placed in commission, a crew of five men was assigned to the new car, having been transferred from one of the old wooden cars.

Fish are distributed by the bureau of fisheries in every state in the union, approximately 10,000 individual applications being filed annually in addition to the large public plants of the so-called commercial species in the Great Lakes and coastal streams of

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DESERTED BY SWEETHEART, CRIPPLED GIRL HANGS SELF

MILWAUKEE, Wis., Sept. 16.—Deserted by her sweetheart, who failed to keep his promise to marry her; facing a future of doubtful promise, handicapped by two artificial legs, Miss Minnie Steinberg, aged 29, hanged herself to a rafter in the home of her sister, Mrs. Anna Kanitz.

Four years ago Minnie, then 16 years old, was run down by a train. One leg was cut off above the knee, the other below. Public sympathy was enlisted in her behalf when a verdict for \$10,000 damages against the railroad was returned, the higher court ruling she had been partially a victim of her own negligence.

She was able to get work, going into a stocking factory as an inspector. For four years she faced the world bravely. Then came complications in the battle which caused her to give up the struggle.

WEALTHY MEN BACK WHITE SLAVE TRADE

Persons of Social Standing Said to Supply the Resorts in New York.

CHICAGO, Sept. 16.—Evidence to prove that a group of wealthy men with some social standing was participating in the traffic in women for the purpose of supplying certain expensive resorts in the upper West came into the possession of Assistant District Attorney James E. Smith on information given him by a procurer at Narragansett Pier. Under a promise of immunity this person fully revealed, according to District Attorney Smith, the extent to which the business has been carried on in New York. This man named ten such places in which this traffic was carried on.

As a result of this information District Attorney Smith said he hoped to be able completely to break up the traffic in women among what he termed the "upper strata of the underworld." Several of the witnesses who were brought on from Boston and Providence were examined and gave the name of a man, said to be prominent socially, who, it is alleged, was the chief agent for the West Side dives and superintended the work of collecting women for midnight orgies in luxuriously furnished apartments.

Politicians Also Involved.
This new phase of the white slave investigation, which is expected also to involve one or two politicians, has for the time being overshadowed the police graft question. In furtherance of the plan to expose the expensive industry of resort business more witnesses will be brought to the city from Boston, Philadelphia and Providence.

District Attorney Smith announced that he was ready to go to trial next week with the cases of several alleged white slavers now under indictment, although he has not yet determined which ones will come first. All the cases will be tried before Judge Rosalsky in special sessions.

Detectives from the prosecutor's office have gone to Philadelphia to round up thirty witnesses, who will aid in clinching the cases against those now under indictment, but who have been forced to flee under threats from members of the police department, who are said to be involved. They are also looking for a man implicated in keeping by force more than fifteen women in disorderly houses on the East Side. The detectives are expected to bring back at least fifteen important witnesses when they return from Philadelphia.

The contention held to right along that certain members of the police force who hold more or less high positions, have been in a conspiracy with white slavers and have taken a share in the earnings of the girls who were forced into immorality, was further borne out when witnesses told Assistant District Attorney Smith of their intimate relations with the police. Because of these stories, Mr. Smith now believes he will have about a dozen detectives and uniformed officers indicted.

Besides accepting bribes from resort keepers whom they were sent to suppress, it is alleged that a group of corrupt detectives were active in "framing" all those who refused to pay "hush money," and in many cases actually resorted to physical violence if their demands were not promptly met. Also witnesses have told Mr. Smith that they were given money to get out of the city as soon as District Attorney Swann's activity against the white slavers began.

Evidence that certain detectives were in league with pickpockets and shared the result of their labors with them, has also come to light. If a pickpocket were arrested the detective could usually manage to get him free on any pretext or another, is dead.

Two weeks ago McGrath pulled the eel into his boat and attracted by its blue eyes and intelligent looking features. Thought the wise fisherman—as he himself relates—why not train the fish to bait his mates.

So he fed his new-found pet dainty morsels. Nice fat worms were none to good for it. The eel showed keen perception and soon responded when McGrath whistled. The fisherman then decided his pet was ready for useful work. In order to recognize it he put two nicks in its tail.

The pet eel was returned to its river home. Daily thereafter McGrath stood on the bank and whistled. A few moments later his pet came squirming from the river leading a score of its mates. These McGrath easily bagged.

But, alas! the other day McGrath found his pet's lengthy corpse in the sand. He says it was convicted of treason by the other eels and cruelly put to death.

The Breslau (Germany) Consumers' Union closed its fifteenth year in November. The year was profitable.

LURED BY KHAKI, GIRL FLEES TO HIDE HER SHAME

Belle and Loyal Sister Work as Domestic for From Their Home.

LOS ANGELES, Calif., Sept. 16.—One year ago the Bachovich girls were the belles of Gallup, N. M., and their father the proprietor of the largest hotel there.

Now they are in the Juvenile Hall, one a mother mourning a dead and fatherless baby, and the other aged by a year's service as a domestic, a sacrifice to shield her sister's shame.

They were found by Policeman Statton and Policewoman Shatto, at 226 Hewitt street, after eluding the large detective agencies since March 13, when they disappeared from Gallup.

Louise is the older and the mother.